



# Parkour: **PHOTO FILMMAKING**

## 2024 Packing List

Email: [office@firesideadventures.ca](mailto:office@firesideadventures.ca)  
Phone: (604) 241-9169  
For Webpage and Camp Details: [Click here](#)



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## Packing List

### Must-bring Items

- Sturdy running shoes
- Sporty clothes (preferably polyester or merino wool)
- A small backpack that your youth can carry
- A whistle attached to jacket or backpack
- A 1L reusable water bottle
- Sunscreen
- An extra set of socks and change of clothes
- Sunglasses and sun hat
- Bathing suit, sandals, and towels for swimming/saunas
- Rain gear for rainy days (waterproof jacket, pants and boots)
- Nutritious lunch and snacks